

Low-Fat Milk: A Healthy Choice for Your Family



Low-Fat Milks



High-Fat Milks



The amount of fat is the only difference between whole, 2 percent, 1 percent, and skim milk.

All varieties of cow's milk have the same amount of protein, calcium, vitamins and minerals.

Whole milk is a high-fat food. Two percent milk is not low fat. Only 1 percent and skim milk are truly low-fat milk.

Why Move to Low-Fat Milk?

Adults and children ages 2 and older do not need the extra fat and calories from 2 percent or whole milk. The fat and calories can lead to an unhealthy weight and other health problems.

Reducing the amount of fat in your diet can help:

- Control your weight.
- Lower your cholesterol.
- Reduce your risk of heart disease and stroke.

How Can I Get My Family To Switch to Low-Fat Milk?

Make the change gradually. Start by mixing whole milk and 2 percent, then go to all 2 percent. Use this for a while, then do the same with 1 percent and skim. Your family is more likely to accept the change if you take one step at a time.



WIC Because
You Care

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